

2. Pray ardently / Make istis'haarah (the prayer and supplication of seeking counsel with Allah), and seek assistance with Allah about the issue / matter that is disturbing your wellbeing / heart
3. Beg Allah to give you well being; (a'afiyah)
4. Turn back to Allah, by following the Quran ~~th~~ and sunnah according to the understanding of the Sahaabah
5. For men; endeavour to pray your 5 daily prayers in the masajid of the Sunnah / Salafiyah / (in the first row if possible)
6. For women, endeavour to pray your prayers, at home, in the last row (if possible), and choose your female friends extremely carefully
7. Endeavour to seek knowledge; especially the